

# A Letter to Our Members from Your Health Plan

Dear Members:

Our goal as your health plan is to keep you healthy. In an effort to do so, we'd like to share some numbers that are a bit alarming, but important to know.

In Arizona, just in 2019, there are expected to be over 5,000 new cases of breast cancer. Over 800 of these women will die due to the disease. Mammograms help find the cancer when it's at an early enough stage to be successfully treated.

We want to make sure you have access to everything you would need to stay healthy. Did you know mammograms are part of staying healthy?



### **What is a mammogram?**

A mammogram is an x-ray picture of the breast. It is used to find early signs of breast cancer.



### **Who should get a mammogram?**

Women 50 years of age and older should be getting mammograms. If you're between 40 and 49, start talking to your doctor now about when you should start getting mammograms. If you are younger but think you are at risk for breast cancer, talk to your doctor.



### **Who is at risk for breast cancer?**

The two largest risks are being a woman and getting older. There are other risk factors such as your weight, race, and health history. Your risk of getting breast cancer doubles if your mother, sister, or daughter has gotten breast cancer.



### **How often should I get a mammogram?**

Most women typically get a mammogram once every two years. Your doctor may suggest something different based on your health history.

**Breast cancer can affect everyone, regardless of age or race.**

**The women affected can be you, your mother, sister, daughter, or neighbor.**

Don't wait. Take charge. Talk to your doctor today to see if you're ready for a mammogram and schedule your appointment.

Stay Healthy,

Steward Health Choice Generations HMO SNP

*Source: Centers for Disease Control and Prevention*

This information is available in other formats, such as Braille, large print, and audio.

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